



## Fancy volunteering, but don't know what's available out there?

If this is the case, why not visit [www.do-it.org.uk](http://www.do-it.org.uk)?

This brilliant website holds a national database of volunteering opportunities available all over the UK.

To narrow down your search and find something local to you, click on **"Find a Volunteer Centre"** and enter your postcode.

This will bring up the nearest Volunteer Centre to your home address. You can then click on **"View our opportunities"** which will bring up a list of different opportunities from various volunteer-involving organisations. From here you can refine your search by choosing an interest, activity or location.

Once you've found an opportunity you would like to register an interest in, click on **"apply for this opportunity"**, this will take you to a page where, if you haven't already registered, you can click **"online registration form"** to take you to a simple to fill form, then back to the page where you add your e-mail address and password (set up during the registration process) and click on **"enter it!"**

Once you have applied, your opportunity form will go either to the organisation who posted it on the website (most often the local Volunteer Centre) or the organisation providing the opportunity. The details will be sent through to you by email and you will be contacted by your local Volunteer Centre or the advertising organisation.

### The Volunteer Centre Team:



Amanda Harris - VC Manager



Jeannette Helson - VC Co-ordinator

Keep up to date with our latest volunteering opportunities, events and news on our facebook page.

Visit:-

[www.facebook.com/volunteercentre.rayleighrochford](http://www.facebook.com/volunteercentre.rayleighrochford)



Rayleigh, Rochford and District Association for Voluntary Service

RRAVS Volunteer Centre  
105a High Street  
Rayleigh, Essex, SS6 7QA  
Email: [volunteering@rravs.co.uk](mailto:volunteering@rravs.co.uk)  
Website: [www.rravs.org.uk](http://www.rravs.org.uk)  
Tel: 01268 772796



### Opening Hours

Monday - Thursday 9.00 - 3.00 pm  
Friday 9.00 - 1.00 pm



## RRAVS OPEN DAY - HEALTH AND WELLBEING

THURSDAY 17th NOVEMBER 2011

10.00 am - 2.00 pm

If you are interested in keeping healthy in both body and mind, then come along to our Open Day. There will be a number of health related organisations exhibiting, as well as interesting presentations on subjects such as healthy eating. Entrance is FREE.

THE MILL ARTS AND EVENTS CENTRE

BELLINGHAM LANE, RAYLEIGH

### The Health Benefits of Volunteering

You may be thinking about volunteering in terms of what you can give back to your local community, but have you ever thought about what volunteering can give to you?

Volunteering provides many benefits to both mental and physical health.

These can include:-

- Increased self-confidence
- Helps to combat depression
- Helps you stay physically healthy
- Can provide a sense of purpose
- Gives you a sense of satisfaction and wellbeing
- Gives a sense of accomplishment

So now you know what it can do for you, why not give it a try?

## VOLUNTARY SECTOR TRAINING

45 Stortford Road, Great Dunmow, Essex CM6 1DQ

Telephone: 01371 876747



**Voluntary Sector Training – your one stop shop for training!**

**Voluntary Sector Training is Essex's only training provider set up especially to offer relevant and affordable training to local charities and community groups.**

Please phone us on 01371 876747 if you would like a copy of our latest brochure or you can see all the latest courses on our website:

[www.voluntarysectortraining.org.uk](http://www.voluntarysectortraining.org.uk).

Coming up this autumn we have our normal range of [IT training sessions](#) which are limited to groups of 8 to make sure you get the right level of personal attention and are focused on the sorts of issues you might come across when running your organisation. Continuing along these lines we have a really useful new session on [Social Media](#) that may help you utilise twitter and facebook to connect to your members and supporters. As grants get harder to come by there are some workshop sessions to help you fill out any [funding applications](#) to your best advantage and also some courses looking at other ways of [gaining income](#) and even how to find a [Sponsor](#) for your activities. **If you live in the Southend area there are some special sessions at reduced rates looking at [Developing Partnership Agreements](#) as a way of continuing to offer your services and two half days examining how to [Diversify your Income](#) for smaller groups or even [starting to trade](#) for larger ones.**

We also have the courses that you really need to have when you are running a charity such as an [Employment Law Update](#), [Risk Assessment](#), [Fire Safety](#), [First Aid](#), [Manual Handling](#) and [Safety for Lone Workers](#). Some of these fill up really quick, so we would advise early booking to avoid disappointment!

It's really easy to book, just find the course you want on our website, add the number of places you want to your 'basket' and then just fill in the booking forms. You'll get an email in return acknowledging your booking and an invoice in the post if you opted not to pay online.

Any enquiries just give us a ring, we can even tailor a course just for your group or come and speak to you about our training services – 01371 876747.

**[www.voluntarysectortraining.org.uk](http://www.voluntarysectortraining.org.uk)**

## Deaf Awareness Initiative

A new initiative to encourage more volunteers to take up Deaf Awareness & sign language is now available in Rochford

Signs4Life is setting up introductory workshops in Deaf Awareness to help the third sector to communicate and engage with their deaf and hard of hearing colleagues, service users and clients. This local initiative is to help identify barriers that deaf people face and explore their culture and community but also to encourage inclusion of all people with sensory, physical or learning disabilities in Rochford

"You never know when you will come into contact with a colleague, service user or member of the public who is autistic, deaf or visually impaired. We are working with organisations as varied as Barnardo's, The British Red Cross and volunteer centres. Each of our events encourage a 'can do' approach to the 12 million people in the UK who have a physical, sensory or learning disability," explains Ms Fozia Parveen, Signs4Life managing director.

For further information please contact Fozia on [info@signs4life.org.uk](mailto:info@signs4life.org.uk)



*Practicing British Sign Language*



### Association Visitors

MND is a progressive degenerative neurological disease. A diagnosis of MND is a huge shock affecting both the person with the disease and their families, friends and carers.

Association Visitors are trained volunteers who act as the main contact for people living with MND, their families and carers.

The role is a challenging but rewarding one. As an AV you will keep in regular contact with people with MND their families and carers either by phone, email or face-to-face visits, depending on what suits you and the person you are supporting.

By offering confidential emotional support, accurate information and help to access the right services and equipment, you can enable people affected by MND to live their life more easily and make informed choices.

Full and on-going training and support is provided for you by the MND.

If this is something you would be interested in volunteering for, contact RRAVS Volunteer Centre.

### Pass it On!

**If you know someone who would be interested in volunteering for any of these organisations, or in general pass on this information and encourage them to get in touch.**